

A Bumpy Ride

"Shut your eyes to estrangement, then fix your gaze upon unity . . . This span of earth is but one homeland and one habitation." —Bahá'u'lláh

When you first got on a skateboard or bicycle, were you excited and nervous? You may have had trouble riding smoothly or stopping. Maybe you even took some nasty falls. But once you got the hang of it, you had fun.



understand what people are saying. You get lost a lot. It's too cold, or too hot, or too urban, or too rural. You may feel frustrated, anxious, sad, or angry because things are different from what you're used to.

In time, you begin to feel comfortable.

Visiting or moving to a new city or country can feel the same way. At first, you may have a wonderful time. People are friendly. You take in all the amazing sights. There may be new foods to try, words to learn, games to play, and places to go. Still, you might feel a little out of place. Maybe you miss your friends back home.

You make new friends. You're able to laugh at your mistakes.

As you get settled, it's normal to have some challenges. Maybe you're learning a new language, and you don't always

understand what people are saying. Learning a new culture and making new friends can be exciting and scary. But you can do it! Soon, you'll feel as confident as you do when taking a breezy ride on your bike.



THE ROAD TO ADJUSTMENT

Adapting to new surroundings is a very useful skill. Unscramble the words to find tips for adjusting to a new place.

- 1 Have a (PSOVITIE) _____ attitude—every place has something good to offer.
- 2 Be (PTIENTA) _____—it will take time to adapt.
- 3 Take walks with your family and (RDAW) _____ pictures of your favorite spots.
- 4 If there's a new language to learn, (PCTICEAR) _____ it often with your new friends.
- 5 To release stress and (YONJE) _____ yourself, try a local sport or outdoor activity.
- 6 Volunteer your (SICERVE) _____, so you can meet people and help the community.
- 7 Have (HSENOT) _____ talks with your parents about your feelings and challenges.
- 8 (IVNTEI) _____ friends to join you for your family's favorite dinner.
- 9 If you see new kids at school, (YLKIDN) _____ show them around or sit with them at lunch.

